What is cyberbullying?

Cyberbullying is when someone uses the internet or text to purposefully hurt someone else over and over again with their words, actions, or behaviors.

> ### Roles
>
> **offender**: A person who has malicious intent to hurt or damage someone with their words, actions, or behaviors.
>
> **target**: A person who is the object of an intentionally hurtful action.
>
> **bystander**: A person who sees cyberbullying happening but does nothing to help.
>
> **upstander**: A person who helps when they know that cyberbullying is occurring in their community.

What if I'm cyberbullied?

Nobody deserves to be cyberbullied. Unfortunately, though, it happens — 52% of you have reported being cyberbullied.[1] If you're the target, try to remember:

- **You have the right to be respected.** You deserve to be treated respectfully by your peers and friends. As hard as it is, don't believe the insults, put-downs, or mean comments. Words do hurt, but they don't define you.

- **Don't retaliate.** Remember, two wrongs don't make a right. If someone is cyberbullying you, don't try to beat the person at their own game. It's usually much better to ignore the offenders. Eventually most people will get bored and give up. If that doesn't work, turn to adults for help.

- **Save the evidence.** Copy, save, print, or screenshot any offensive images or messages to show to a trusted adult in case the cyberbullying doesn't stop.

- **Block the cyberbully.** Consider changing your privacy settings. Remove the offender from any friend lists. After saving the evidence, report the posts as inappropriate. As hard as it is, don't look at the messages again — just delete them.

- **Find allies.** Don't forget to lean on a friend and talk about how you're feeling with someone who will listen. There are also many online and in-person groups you can turn to for support.

- **Tell a trusted adult.** Tell a parent, coach, teacher, mentor, family member, or neighbor. Being cyberbullied feels worse if you try to deal with it alone. Many adults have been there before, and they'll have personal stories and wisdom to share.

What if someone I know is being cyberbullied?

Cyberbullying makes your school and community worse for everyone. There are ways for you to show support, even if the cyberbullying isn't happening to you. Remember:

- **Don't be a bystander.** In not doing anything, you're part of the problem. Consider ways to help the target. Most schools allow you to report the incident, either in person or anonymously. And let the target know you're there for them.

- **Stand with the target.** You can avoid being a bystander by listening to and comforting the target. Help the target find a trusted adult who can help deescalate the situation. It's easier to stand up to cruelty when you're not alone.

- **Be an upstander.** If you feel comfortable, tell the offender to stop. Make it clear that you think what's happening is wrong. No matter what, though, you should tell a trusted adult what you know or saw.

- **Create a kindness campaign.** Respond with kindness! Find other students who care, and invite them to form a team to promote kindness in your school. Highlight and celebrate those who do random acts of kindness for others

---

common sense education®

For information and resources about digital citizenship, visit: **www.commonsense.org/educators**

NO BULLY

No Bully® is a U.S.-based social change organization that trains schools on how to activate student empathy to bring bullying and cyberbullying to an end